



Australian Government

Department of Education, Employment and Workplace Relations

TLIF1007C Apply fatigue management strategies

Release: 1

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Modification History

Not applicable.

Unit Descriptor

This unit involves the skills and knowledge required to apply fatigue management strategies, including identifying and acting upon signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities.

Application of the Unit

Persons achieving competence in this unit will need to fulfil the applicable Commonwealth and state/territory legislation and relevant regulations covering the management of fatigue in the workplace.

Work is performed under some supervision generally within a team environment. It involves the application of the relevant regulations, codes and guidelines of the Commonwealth Government and the state/territory authorities concerning fatigue management during work activities and in particular when operating equipment, vehicles, load shifting equipment, trains, marine vessels and aircraft.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

The required outcomes described in this unit of competency contain applicable facets of Employability Skills. The Employability Skills Summary of the qualification in which this competency is packaged will assist in identifying employability skill requirements.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the required performance needed to demonstrate achievement of the element. Assessment of performance is to be consistent with the evidence guide.

Elements and Performance Criteria

Elements and Performance Criteria

Element	Performance Criteria
1 Identify and act upon signs of fatigue	1.1 Potential causes of fatigue are monitored and action taken to minimise their effects in accordance with company procedures 1.2 Personal warning signs of fatigue are recognised and necessary steps are taken in accordance with workplace procedures to ensure that effective work capability and alertness are maintained
2 Implement strategies to minimise fatigue	2.1 Routes and schedules are assessed and planned to minimise fatigue 2.2 Factors which increase the risk of fatigue-related accidents and safety incidents are understood and minimised 2.3 Strategies to manage fatigue are implemented in accordance with company policy 2.4 Lifestyle choices are made which promote the effective long-term management of fatigue 2.5 Effective practices in combating fatigue are adopted and applied 2.6 Personal fatigue management strategies are communicated to other relevant people 2.7 Appropriate counter measures are planned to combat fatigue

Required Skills and Knowledge

REQUIRED KNOWLEDGE AND SKILLS

This describes the essential knowledge and skills and their level required for this unit.

Required knowledge:

Relevant codes, regulations, permit and licence requirements related to fatigue management

Relevant OH&S regulations as they relate to fatigue

Workplace policies and procedures related to fatigue management and the control of factors that can contribute to fatigue and fatigue-related accidents

Sources of information on fatigue

The risks and hazards created by fatigue in the workplace

How fatigue affects workplace performance

How fatigue contributes to workplace accidents

Ways of recognising fatigue

Strategies and ways of managing fatigue

Causes and effects of fatigue on workers/drivers

Factors which increase fatigue-related accidents

Lifestyles which promote the effective long-term management of fatigue

Required skills:

Communicate effectively with others when applying fatigue management strategies

Read and interpret instructions, procedures, regulations and signs related to fatigue management and apply them to work activities

Recognise symptoms of fatigue and take appropriate action in accordance with fatigue management regulations and workplace procedures

Work collaboratively with others to manage and minimise the effects of fatigue during work activities

Adjust lifestyle patterns to ensure effective fatigue management during work activities

Modify activities and take appropriate initiatives to manage fatigue in the workplace

depending on differing work contexts, risk situations and environments

Apply precautions and required action to minimise and control the effects of fatigue when carrying out own work functions

Adapt to changes in rosters and standard operating procedures as they may relate to fatigue management

Participate in identifying and meeting own learning needs on matters related to fatigue management

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required knowledge and skills, the range statement and the assessment guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate competency in this unit

The evidence required to demonstrate competency in this unit must be relevant to and satisfy all of the requirements of the elements and performance criteria of this unit and include demonstration of applying:

the underpinning knowledge and skills

relevant legislation and workplace procedures

other relevant aspects of the range statement

Context of and specific resources for assessment

Performance is demonstrated consistently over a period of time and in a suitable range of contexts

Resources for assessment include:

a range of relevant exercises, case studies and other simulated practical and knowledge assessment, and/or

access to an appropriate range of relevant operational situations in the workplace

In both real and simulated environments, access is required to:

relevant and appropriate materials and/or equipment, and/or

applicable documentation including workplace procedures, regulations, codes of practice and operation manuals

Method of assessment

Assessment of this unit must be undertaken by a registered training organisation

As a minimum, assessment of knowledge must be conducted through appropriate written/oral tests

Practical assessment must occur:

through appropriately simulated activities at

the registered training organisation, and/or
in an appropriate range of situations in the
workplace

Range Statement

RANGE STATEMENT

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance.

Workplace may include:	any work environment requiring safety critical operational judgements to be made and in particular when operating equipment, vehicles, load shifting equipment, trains, marine vessels and aircraft at night
The need for fatigue management in a range of industry situations including:	operations conducted at all times but particularly at night typical weather conditions while working and/or driving at a workplace, depot, base or warehouse while working and/or driving at a client's workplace or work site driving a motor vehicle on the open road driving a motor vehicle on a private road driving a train, locomotive or motive power unit operating a marine vessel in coastal or international waters operating an aircraft operating load shifting equipment operating safety critical industrial plant and equipment
Work-related factors that may contribute to fatigue include:	work demands such as: workload, work duration, shift pattern, time of day, frequency and duration of breaks and the type of work (e.g. .working in isolation, repetitive tasks and boring, monotonous or under-challenging tasks) organisational factors such as: work environment (including temperature, ventilation, continual rhythmic vibration from equipment), payment system, trip and work scheduling, and the predictability of work

Worker/operator-related factors that may contribute to fatigue include:

lifestyle factors such as: sleep patterns, alcohol and drug use, quantity and timing of food and drink, and opportunities for relaxation with family and friends

working multiple jobs

personal or biological factors such as: state of mental and/or physical health, inadequate sleep, sleep disorders, emotional stress, family responsibilities, relationship difficulties, inadequate competence to complete work tasks, and circadian rhythms

Responsibilities of individual for fatigue risk management may include:

following the organisation's fatigue management policy and procedures

using time away from work appropriately to rest and recover

checking and ensuring fitness for work

reporting symptoms of fatigue

taking action to minimise risk when symptoms of fatigue are recognised

Depending on the organisation operating procedures may include:

standard operating procedures

company procedures

enterprise procedures

organisational procedures

established procedures

Information and documents may include:

Commonwealth and state/territory regulations and guidelines concerning fatigue management in various transport and workplace situations

workplace instructions and procedures on fatigue management

relevant OH&S regulations and procedures

work schedules and shift rosters

emergency procedures

log book or record book (where required)

records and reports of fatigue-related errors and safety incidents

relevant standards and certification

	requirements
	quality assurance procedures
Applicable legislation, regulations and codes may include:	relevant regulations and codes of the Commonwealth Government and the state/territory regulatory authorities concerning fatigue management
	relevant state/territory road rules
	relevant rail industry safe working codes and regulations (where applicable)
	relevant state/territory permit regulations and requirements
	relevant state/territory OH&S legislation

Unit Sector(s)

Not applicable.

Competency Field

F - Safety Management